



Mushroom Beef Sloppy Joes

Yield: 4 servings

Ingredients:

- 8 oz. white button mushrooms
- 8 oz. cremini mushrooms
- ¼ lb. 90% lean ground beef
- 1½ tbsp. canola oil
- ½ cup chopped onion
- 1 garlic clove, minced
- 1 8 oz. can no-salt-added tomato sauce
- 1 tbsp. chili powder
- 1 tbsp. brown sugar
- 1 tsp. cider vinegar
- 1/8 tsp. ground black pepper
- 4 whole-wheat buns



Directions:

1. Chop mushrooms to approximate size and texture of cooked ground beef.
2. Heat a sauté pan over medium-high heat.
3. Add ground beef and mushrooms, and cook.
4. Sauté until ground beef is done.
5. Remove mushroom-beef mixture from pan.
6. Add onions and garlic to pan; cook until golden.
7. Return mushroom-beef mixture to pan, along with remaining ingredients.
8. Simmer about 10 minutes; remove from heat.

Nutrition Facts: Calories, 280; Calories from fat, 100; Total fat, 11g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 20mg; Sodium, 240mg; Total Carbohydrate, 37g; Fiber, 6g; Protein, 13g; Vit. A, 15%; Vit. C, 10%; Calcium, 8%; Iron, 15%.

Source: www.choosemyplate.gov



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